



# Swim Team 2018

## Practice Times

Feb. 1<sup>st</sup> – 27<sup>th</sup>

**6:15 – 7:15pm**

**Monday, Tuesday,  
Thursday**

\*swimmers are encouraged to come to all three practices, although it is not required

**There are no make-up classes for swim team.**

## Pricing

### Members:

\$45.00/per month

Additional Child \$40.00 /per month

### Potential Members:

\$55.00/per month

Additional Child \$50.00/per month

## Requirements

**Ages: 5 – 18 years**

Swimmer(s) must be able to swim the length of the pool without stopping and without a floatation device.

One piece bathing suit required.

\*An option to buy a team swim suit will be offered.

## What to Expect

Stroke refinement of the following strokes:

Freestyle

Backstroke

Breast Stroke

Butterfly

Focus on dives and turns

Some dry land practices

Greetings Swim Team Parents!

Welcome to the Family Life Center (FLC) swimming program. We are delighted to be working with your child. Each of our instructors is looking forward to coaching your child! Thank you for allowing us to serve you and your family.

Those who participate in September will have the opportunity to help name our team mascot. Once we pick a mascot, there will be a swimsuit available for purchase. It is not required to purchase the swimsuit, it is optional. We will be providing each child with a swim cap.

Registration for swim team will always be open, there will not be deadline. If someone would like to join at any time during the month, they can contact Bonnie Mahoney at 993-6226 extension 143 or email at [bonnie.mahoney@fccministries.com](mailto:bonnie.mahoney@fccministries.com).

If there is inclement weather we will **NOT** cancel, we will have land practice. Your child will need to bring or wear shorts, a t-shirt, and tennis shoes for these. As a former swim team parent, I find it is easiest to just keep a "land practice" bag.... Just in case.

Everyone must come in the front door of the building and sign in at the front desk.

Please do not talk to your child during their practice. You are welcome to stay and watch your child during practice, but it is not required. The FLC facilities are available for you to use if you prefer not to be in the pool area during practice. For more information about FLC contact Dan Hippy at 996-7388 extension 110 or you can email him at [danh@fccministries.com](mailto:danh@fccministries.com). In case of emergency, you have to remain somewhere in the building during swim lessons.

It is not mandatory to attend every practice, but we do encourage you to do so. At practice is where your child will build endurance, work on skills, and gain confidence.

Any concerns regarding your child's progress, instruction, or any questions should be directed to Katie Keyes at 993-6226 extension 143 or email at [katie.keyes@fccministries.com](mailto:katie.keyes@fccministries.com).

Blessings to you and your family,

Katie Keyes and the Aquatics Staff

# Family Life Fitness Center

## 2017 Swim Team

Participants Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Parent's/ Guardians Name \_\_\_\_\_

Contact Number \_\_\_\_\_

Email \_\_\_\_\_

- Please Read the Following Information:**
- All registrations are taken as a first come first server basis
  - Classes will be limited to 8 students per 2 instructors
  - During the class parents will only be permitted to sit on the deep end side of the pool.
  - If the child is moved up a level the parent/guardian will be notified.
  - NO MONETARY REFUNDS

**Fees: Members=\$45.00 Non-Members=\$55.00**

**CLASSES WILL MEET MONDAY, TUESDAY, & THURSDAY**

**CAP: YES or NO**

**\*Ladies, one piece swimsuits only. Thank you**

**\*Goggle with nose pieces are not permitted**



**WAIVER FOR PARTICIPANTS**  
Under 18 Must Be Signed by Parent or Legal Guardian

I the parent / legal guardian of the above child understand the risks associated with water activities including swimming lessons. I will release indemnify and hold harmless First Christian Ministries of Kernersville and its employees, instructors and agents for any accident or injury that could occur to my child as a result of participating. I will also stay in the building during the event time in the area I have designated. Regarding private swim lessons, you must notify your instructor 4 or more hours in advance. In the event of a no-show or unauthorized schedule change, you will be charged for the session. There will be no make-up for that session. If the instructor fails to show up for the scheduled session, the instructor will be required to make the session up.

Signature of Parent/Guardian : \_\_\_\_\_ Date: \_\_\_\_\_

**Completed by FLC Staff Only**

**Date received registration** \_\_\_/\_\_\_/\_\_\_

**Payment Information**

**Date received payment** \_\_\_/\_\_\_/\_\_\_

**Amount received \$** \_\_\_\_\_

**Cash** \_\_\_\_\_ **Check#** \_\_\_\_\_

**Staff Signature** \_\_\_\_\_